

## FREQUENTLY ASKED QUESTIONS

### **Does Bedford have a large Senior population?**

Yes. According to the 2000 census, almost a quarter of Bedford's approximately thirteen-thousand residents are 60 or older.

### **Do many people use the COA Senior Center?**

Yes. Each year, seniors make about 14,000 visits to the Senior Center. That works out to an average of nearly 50 visitors each day the Center is open.

### **What does the COA offer to these Seniors?**

In addition to facilities for individual activity, the COA offers over 1,200 classes, programs, social events, trips and other group activities each year. Last year, over 800 people participated in these events.

### **Must frail elders travel to the Senior Center for COA services?**

No. The COA provides some 9,000 home visits, telephone calls, or office visits to frail elders and their caregivers each year.

### **Does the Bedford COA serve Seniors only?**

No. It also serves many younger people, such as caregivers, people planning for their retirement, and volunteers. Those under 60 are welcome at COA events where space is available.

### **How do I start using COA services?**

Just come in to the Senior Center or call us at 781-275-6825.